

The following ingredients may be found in the battle theater by begging, borrowing or bartering. When available, these items have been incorporated with the C-Rations to bring out their hidden secrets, whatever they may be:

Eggs

Pineapple . . . fresh

Soya sauce or a fish sauce (rather smelly but peculiar to the natives and used in almost everything)

Bean sprouts

Oranges . . . a special variety in Viet Nam

Bananas or plantains

Lemons

Breadfruit

Fat . . . pork or oil

Onions

Bamboo shoots

Rice

Water chestnuts

Peanuts

Fish . . . from the streams

Fresh water shrimp

A young hen or old rooster. (Occasionally the chance will come up to "requisition" one of these birds from the countryside; some fast hand-work with a fishpole and a steel pot will usually do the trick.)

Whenever flour is called for, soya or rice flour can be substituted for plain flour. Wherever butter is called for, margarine, fat or oil may be used.

The following are the basic measurements you will need for all recipes. You will find them in your basic C-Rations.



In all measurements, the plastic spoon found in each C-Ration Unit will be used as a standard.

When cans of liquid are required, either the small C-Ration Can or the large C-Ration Can will be indicated.



In all cases, a complete can of each C-Ration is used for one person. Add as many cans as is necessary for a formal fox hole dinner or the usual scroungers.

Cigarettes will be found in all C-Ration Accessory Packets. Most gourmets frown upon smoking between courses. However, a special dispensation is granted to the man up front.

